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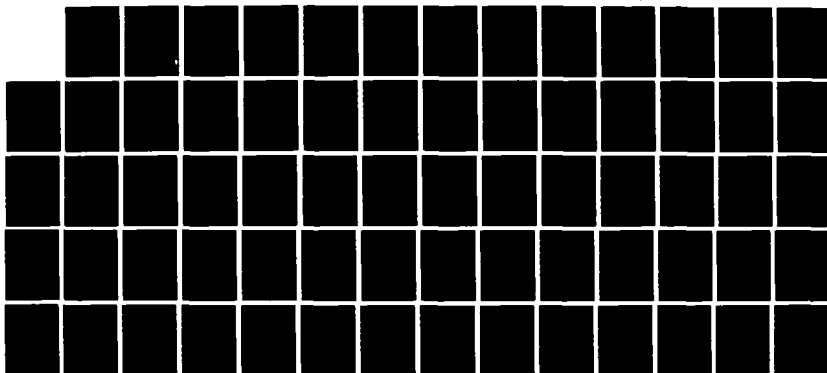
DEPARTMENT OF MILITARY PSYCHIATRY RESEARCH ACTIVITY  
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RESEARCH WASHINGTON DC J E MCCARDOLL ET AL. 01 OCT 87

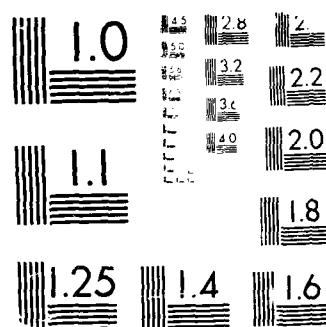
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## DOCUMENTATION PAGE

Form Approved  
OMB No G/04 0188  
Exp Date Jun 30 1986

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1a RESTRICTIVE MARKINGS	
2a SECURITY CLASSIFICATION AUTHORITY	3 DISTRIBUTION/AVAILABILITY OF REPORT <b>UNLIMITED</b> <b>DTIC FILE COPY</b>
2b DECLASSIFICATION/DOWNGRADING SCHEDULE	
4 PERFORMING ORGANIZATION REPORT NUMBER(S) Department of Military Psychiatry	5 MONITORING ORGANIZATION REPORT NUMBER(S)
6a NAME OF PERFORMING ORGANIZATION Walter Reed Army Institute of Research (WRAIR)	6b OFFICE SYMBOL (If applicable) SGRD-UWI-A
7a NAME OF MONITORING ORGANIZATION US Army Medical Research and Development Command (USAMRDC)	
6c ADDRESS (City, State, and ZIP Code) Ft. Detrick, Maryland 21701-5012	
7b ADDRESS (City, State, and ZIP Code) Ft. Detrick, Maryland 21701-5012	
8a NAME OF FUNDING/SPONSORING ORGANIZATION USAMRDC	8b OFFICE SYMBOL (If applicable) SGRD-ZA
9 PROCUREMENT INSTRUMENT IDENTIFICATION NUMBER	
10. SOURCE OF FUNDING NUMBERS	
PROGRAM ELEMENT NO. 3E162777A	PROJECT NO. 879
TASK NO.	WORK UNIT ACCESSION NO. 041 & 042
11 TITLE (Include Security Classification) Department of MILITARY Psychiatry Research Activity Summary Report No. 2, 1987 (U)	
12 PERSONAL AUTHOR(S) McCarroll, J. E. and Martin, J. A. (Eds.)	
13a TYPE OF REPORT	13b TIME COVERED FROM Oct 86 to Sep 87
14 DATE OF REPORT (Year, Month, Day) 1 October 1987	
15 PAGE COUNT 67	
16 SUPPLEMENTARY NOTATION	
17 COSATI CODES	
FIELD	GROUP
SUB-GROUP	
18 SUBJECT TERMS (Continue on reverse if necessary and identify by block number) Military Psychiatry, Military Sociology, Cohesion, Military Families, Combat Stress, Traumatic Loss, Suicide.	
19 ABSTRACT (Continue on reverse if necessary and identify by block number) This report consists of summaries of work done by researchers in the WRAIR Department of Military Psychiatry during fiscal year 1987. Two broad categories of work are included: soldier-unit research and family community research. The soldier-unit research include such topics as unit cohesion, recovery of units from disasters, integration of soldiers into units and suicide in the military. Family-community research include studies of the relation of military families to military units, children in military families, the integration and socialization of military wives, impact of separation upon families and studies of military families in USAREUR.	
20 DISTRIBUTION/AVAILABILITY OF ABSTRACT <input checked="" type="checkbox"/> UNCLASSIFIED/UNLIMITED <input type="checkbox"/> SAME AS RPT <input type="checkbox"/> DTIC USERS	
21 ABSTRACT SECURITY CLASSIFICATION UNCLASSIFIED	
22a NAME OF RESPONSIBLE INDIVIDUAL LTC Frederick Manning, MS	22b TELEPHONE (Include Area Code) 576-3006
22c OFFICE SYMBOL SGRD-UWI	

Part I Soldier-Unit Research

1. Stability and Change in Dimensions of Morale Among U. S. Army Soldiers. CPT Paul Bartone, MS, Ph.D.
2. Moderators of Soldier Occupational Stress. CPT Paul Bartone, MS, Ph.D.
3. Army Unit Recovery After Traumatic Loss. CPT Paul Bartone, MS, Ph.D.
4. The Relation of Commanders' Values to Unit Social Climate, Health and Morale. CPT Paul Bartone, MS, Ph.D.
5. Cohesion and Psychological Readiness in Combat Service Support Units of a Light and a non-Light Division. Nancy L. Harrison, M.A.
6. Career Histories of Senior Army Non-Commissioned Officers. LTC(P) Larry H. Ingraham, MS, Ph.D.
7. Handbook of Military Psychiatry. COL Franklin D. Jones, MC, M.D.
8. Behavioral Correlates of Survey Research. Faris Kirkland, Ph.D.
9. Light Infantry Division Concept Study. David H. Marlowe, Ph.D.
10. An Assessment of the Human Dimensions of Leadership and Training in Army Training. David H. Marlowe, Ph.D.
11. Unit Manning System Human Dimensions Field Evaluation Survey. David H. Marlowe, Ph.D.
12. Suicide in the Military. Joseph M. Rothberg, Ph.D.
13. Coping with a Military Air Disaster: The Gander Airline Crash. Kathy Saczynski, Ph.D.
14. Package Replacements. LTC Robert J. Schneider, MS, Ph.D.
15. Emergent Leadership and Social Support in a COHORT Battalion. CPT Hilary Weiner, MS, Ph.D.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Stability and Change in  
Dimensions of Morale Among U.S.  
Army Soldiers

PRINCIPAL INVESTIGATOR: CPT Paul Bartone, MS, Ph.D.

PROJECT START-UP DATE: June 1987

EXPECTED PROJECT COMPLETION DATE: Indefinite

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): Although the term morale is frequently used, there is much confusion as to its meaning and measurement. This project applies the statistical tools of factor and cluster analysis to determine the underlying dimensions of soldier experience of morale according to how soldiers (E1-E4) in the Unit Manning System survey sample perceive and report on their experience. Panel data allow questions as to the stability over time of these dimensions to be examined. Effective measurement of morale is possible only when the nature and composition of the dimensions have been understood.

## MAJOR PRODUCTS COMPLETED:

1. Using data from two time points, the factor structure of morale shows important shifts over time that may reflect maturation of unit social organization. Any examination of morale and cohesion in military units should be concerned with the stage in the unit life-cycle at which measurements are taken.
2. Replication attempts of other studies in this area were only partially successful. Our findings suggest that earlier work was limited by (a) restricted samples and (b) a restricted, narrow pool of items.
3. The structure of vertical cohesion in a unit changes over time, reflecting increasing social differentiation.

## MAJOR PRODUCTS EXPECTED:

Analysis of third and fourth iterations of the survey data will clarify factor structure and identify the dynamics in these changes in morale and social organization. These results should lead to more precise measurement strategies for the components of morale, cohesion and soldier experience in general.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Moderators of Soldier Occupational Stress

PRINCIPAL INVESTIGATORS: CPT Paul Bartone, MS. Ph.D., Elizabeth Hoover, M.A.

PROJECT START-UP DATE: December 1986

EXPECTED PROJECT COMPLETION DATE: Indefinite

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this project is to identify individual soldiers who respond differentially to occupational stress and attempt to find the explanations for such differences. The focus of the search is on personality and social/organizational variables. Occupational stress will be related to health and well-being 8-10 months later. Illness outcome is represented by the number of doctor visits over the previous year and by scores on a general well-being scale.

MAJOR PRODUCTS COMPLETED: Using first and second iteration Unit Manning System data, soldier occupational stress has been found to be related to various measures of health and well-being. The relation is not perfect; some individuals respond very poorly to stress while others react positively. Social support and personality commitment have been identified as important moderators in the occupational stress/illness relation. These results suggest that soldiers who characteristically view their jobs as important and meaningful are at less risk for stress-related illness. This effect is enhanced by a subjective sense of available social supports.

MAJOR PRODUCTS EXPECTED OR COMPLETED: These issues will be further explored in future waves of Unit Manning System survey data. Important subgroups (such as married soldiers) will also be examined.



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30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Army Unit Recovery After Traumatic Loss

PRINCIPAL INVESTIGATORS: CPT Paul Bartone, MS, Ph.D.  
LTC(P) Larry H. Ingraham, MS, Ph.D.  
Kathleen Sacsynski, Ph.D.  
COL Robert Ursano, MC, M.D.

PROJECT START-UP DATE: February 1986

EXPECTED PROJECT COMPLETION DATE: November 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this study was to closely observe and describe the processes of unit reconstitution and group recovery in the Army unit most directly affected by the Gander airline crash. Observations and interviews were conducted monthly over the 6 month period following the crash.

## MAJOR PRODUCTS COMPLETED:

1. A reconstitution plan that interspersed veterans among replacements while maintaining integrity of small groups worked to facilitate integration and cohesion.
2. Four stages of unit psychological recovery were noted: numb, dedication, angry betrayal, stoic resolve and integration/cohesion.
3. Evidence of acute post-traumatic stress disorder was observed in the unit while recovery progressed normally. Although individual reactions varied, the general response of the unit to the trauma could be considered as a military disaster "stress response syndrome" that characterizes the reactions of a cohesive group to a major technological disaster.
4. Several impediments to speedy recovery were identified: too many memorial ceremonies and group debriefings not conducted early enough.

## MAJOR PRODUCTS EXPECTED:

This work provided important reference points for units facing similar reconstitution/recovery challenges in the future, whether as a result of peacetime or wartime losses. It has provided important information for policy makers about the grief process in units so affected. Briefings were provided throughout U. S. Army and civilian scientific communities and to Canadian Armed Forces representatives.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: The Relation of Commanders' Values to Unit Social Climate, Health and Morale

PRINCIPAL INVESTIGATORS: CPT Paul Bartone, MS, Ph.D.  
Faris R. Kirkland, Ph.D.  
David H. Marlowe, Ph.D.

PROJECT START-UP DATE: March 1987

EXPECTED PROJECT COMPLETION DATE: December 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This exploratory study examined a sub-set of company commanders whose units participated in the Department of Military Psychiatry Unit Manning System project. Ninety-three US Army company commanders ordered the factors they considered to be important for unit combat success. Most responses could be grouped into six categories: traditional training, decisive leadership, psychological readiness, strict discipline, horizontal bonding and vertical bonding. Data on unit social climate, health and morale were available on the members of the same commanders' units permitting the comparison of commanders' values with the status of their soldiers on these variables. These commanders' values were related to average unit scores on a variety of measures of morale, unit climate and well-being. An emphasis on psychological readiness values was related to better unit conditions and an over-emphasis on traditional training and strict discipline were related to poorer unit conditions.

## MAJOR PRODUCTS COMPLETED:

Company commanders who placed a relatively higher value on psychological or human factors such as motivation or sense of purpose had units that were relatively higher in various measures of morale, unit social climate and psychological health and well-being compared to commanders who placed less importance on psychological factors.

## MAJOR PRODUCTS EXPECTED:

New hypotheses have been generated as a result of this work which will be examined in subsequent waves of Unit Manning System survey data as they become available. Present findings have been briefed to the Army Deputy Chief of Staff, Personnel, and elsewhere in the U. S. Army and civilian scientific communities.



## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Cohesion and Psychological Readiness in Combat Service Support Units of a Light and a non-Light Infantry Division.

PRINCIPAL INVESTIGATORS: Nancy L. Harrison, M.A.,  
Joseph M. Rothberg, Ph.D.

PROJECT START-UP DATE: August 1987

EXPECTED PROJECT COMPLETION DATE: February 1989

## BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT):

1. To investigate and analyze the ways in which divisional structure and attributes unique to combat service support units relate to psychological readiness for combat.
2. To compare aspects of psychological readiness for combat in combat service support units and combat units.
3. To investigate the relationship of combat service support unit structure and composition and soldier characteristics to soldier well-being and psychological readiness for combat.

## MAJOR PRODUCTS COMPLETED:

An exploratory field investigation of cohesion in the division support command (DISCOM) of a light infantry division was conducted. This research focused on the types and demands of mission, the relationships of combat service support soldiers with peers and leaders of their companies and the confidence they have in each other for success in war. The following preliminary conclusions were drawn from the extensive interviews and participant observation.

(1) The demands of the light infantry division were difficult to meet because of the austerity of personnel, equipment and time and the pressures on soldiers and leaders to accomplish missions despite resource shortages. (2) In general, male soldiers, while believing women who did their jobs were usually competent workers, perceived females as being less reliable than males. The reasons given were the perception by many (males and females alike) that women would be not permitted to deploy with their unit, the likelihood of women becoming single parents and the problem of pregnant soldiers. (3) Since the light infantry configuration did not designate infantry soldiers for defense of the DISCOM during war, combat service support soldiers were expected to defend themselves. This requirement was especially difficult for the DISCOM because of its austerity and the large number of tasks it was expected to perform. Quality of life was

combat service support roles and infantry roles with emphasis placed on the latter, caused work overload and eroded the confidence of the DISCOM soldiers to perform either mission successfully. (4) Although there was a diversity of military occupational specialties even within some platoons and in different work and training sites, the shared work experience and sustained contact were the links that brought soldiers within the platoons together. Cross-training (i.e., treatment medics were trained to be interchangeable with ambulance drivers and ambulance drivers with treatment medics) further minimized the potential negative impact of diversity on cohesion. Thus while austerity and heterogeneity of sex composition and duality of mission were perceived by soldiers and leaders as having a negative effect on company and platoon cohesion, the variety of occupational specialties was not so perceived.

#### MAJOR PRODUCTS EXPECTED:

The goal of the final research project is a report which will describe the social processes that underlie the patterns of cohesion in combat service support units and compare them with the patterns found in line units so that we know how to protect combat service support soldiers from psychological breakdown in war. The work will tell us what leadership training requirements are needed and will make recommendations for adjustments in unit structure.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Career Histories of Senior  
Army non-Commissioned Officers

PRINCIPAL INVESTIGATOR: LTC(P) Larry H. Ingraham, MS,  
Ph.D.

PROJECT START-UP DATE: May 1986

EXPECTED PROJECT COMPLETION DATE: December 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): Stress factors among non-commissioned officers is being examined by means of tape recorded career histories. Training and Doctrine Command schools were asked to nominate one senior NCO who could represent the technical area and who could describe the experience of becoming a sergeant. Seventeen career history narratives have been recorded and four have been transcribed. Delays in contracting for transcription services have delayed data analysis. Some progress has been made in setting up computer software for taxonomic and search routines necessary for the analysis phase. A transcription contract has been let and transcription is proceeding rapidly. Preliminary data analysis is in progress.

MAJOR PRODUCTS COMPLETED: Four interviews have been transcribed. Analysis and write-up is to begin in January 1988.

MAJOR PRODUCTS EXPECTED: Book-length monograph, "The Master Sergeants", and additional reports on work stratification and NCO-officer role relationships.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Handbook of Military Psychiatry  
PRINCIPAL INVESTIGATOR(S): COL Franklin D. Jones, MC, M.D.  
PROJECT START-UP DATE: 1986

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): A four volume survey and treatment manual of military psychiatry is being prepared. Volume I will cover the psychiatric lessons of war including casualties of conventional, low intensity, chemical, biological and nuclear war and the psychiatric casualties of future warfare. Volume II will cover the Vietnam War, the Arab-Israeli Wars and Post-Traumatic Stress Disorder. Volume III will deal with military organizations and psychiatry including such topics as command consultation, organization and utilization of neuropsychiatric and mental health resources on the integrated battlefield, Air Force combat psychiatry, infectious disease and combat stress casualties, a model combat psychiatry training model and battle ecologies. Volume IV will deal with applications of combat psychiatry in the community.

MAJOR PRODUCTS COMPLETED: Major portions of the four volumes have been written and the complete set should be finished by summer of 1988.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Behavioral Correlates of Survey Research

PRINCIPAL INVESTIGATORS: Faris R. Kirkland, Ph.D.

PROJECT START-UP DATE: December 1985

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): Associations between some characteristics of military units and behaviors of leaders on the one hand and attitudes and performance of soldiers in the unit on the other have previously been found through statistical analysis of survey data; however, the specific details of the characteristics of the units and behaviors of leaders represented by the associations are not available solely from the survey data. This research program was designed to find out through participant observation what leaders do and what happens in units that show high and low levels of confidence in themselves, vertical and horizontal cohesion and commitment to military missions.

## MAJOR PRODUCTS COMPLETED:

Survey data for 16 companies in the 7th Light Infantry Division were used to orient participant observation in those units. The observations confirmed the high, medium or low scores found on a survey of confidence and cohesion. Observers identified the specific behaviors of commanders and subordinate leaders that caused the attitudes revealed by the surveys. These observations further identified two sets of factors extrinsic to the companies that affected the behavior of leaders within them: (1) the command climate created by battalion and (2) the influence of Army culture, that is, unwritten ways of doing things and relating across ranks. The clinical data from the participant observation, describing the processes underlying the associations revealed by the surveys, improved the interpretation of surveys of other units. These results are reported in the WRAIR Technical Reports 1, 2 and 5 on the Unit Manning System field evaluation.

## MAJOR PRODUCTS EXPECTED:

1. Monograph on company-level leadership (WRAIR Occasional Paper - Dec 1987), a "how-to" manual for company officers and NCOs.
2. Monograph on battalion command climate (WRAIR Occasional Paper - Jan 1988), a manual for battalion commanders on how to strengthen the command climate and ability to command.
3. Monograph on the relationship between command climate and unit performance (WRAIR Occasional Paper - Feb 1988).

command, and leadership on unit cohesion and performance (Psychology in DoD Conference - Apr 1988), an introduction to US Army culture as a confounding influence.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Light Infantry Division Concept Study

PRINCIPAL INVESTIGATORS: David H. Marlowe, Ph.D., LTC(P) Larry H. Ingraham, MS, Ph.D., LTC Theodore P. Furakawa, MS, Ph.D., Faris R. Kirkland, Ph.D., Joel M. Teitelbaum, Ph.D.

PROJECT START-UP DATE: November 1984

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH  
ABSTRACT: The purpose of this research was to evaluate the human dimensions of a new light infantry division including battalions constituted under the cohesion, operational readiness and training (COHORT) concept, with specific attention to issues of cohesion, leadership, motivation and family-soldier-unit behavioral interactions. These investigations were conducted on a continental United States (CONUS)-based light infantry division. Additional studies were conducted on the soldiers and the waiting wives of one light infantry battalion deployed for six months for peacekeeping duties.

## MAJOR PRODUCTS COMPLETED:

1. The division studied succeeded in achieving combat readiness as a light division in 18 months, but failed in the human dimensions, largely based on the way the U. S. Army trains and constrains its leaders. Survey responses, interviews and observations in the early months indicated that the division was superior in human dimensions to non-COHORT units; however, the division could not sustain its early successes within the constraints of its missions and conventional assumptions about leadership and leader-follower relationships. Multiple missions required demonstration of error-free performance rather than progressive development. To accomplish all the missions and meet the requirement of being a rapid deployment force required that the human dimensions had to be sacrificed. The following lessons were learned: (1) unit cohesion is a core goal that leaders need to be trained to create and maintain, (2) rotating key company level leaders causes unit cohesion to deteriorate, (3) leading self-motivated COHORT soldiers requires training to produce special skills, (4) leaders need to demonstrate their technical and tactical proficiency continuously to their soldiers and (5) the division provided a blueprint to the Army of lessons learned.

2. Intensive field training and duty schedules provoked excessive fatigue, reduced morale and intense stress.

on families that was not moderated by social support or assistance from the post.

3. Studies of peacekeeping duties revealed differences in viewpoints between airborne and light infantry divisions regarding this mission and low-intensity conflicts in general.

4. Wives of deployed light infantry peacekeepers revealed that predeployment briefings and information helped their preparation and that caring roles played by the rear detachment commander and by support groups moderated distress. Frequent communication between deployed soldiers and spouses buffered initial adjustment for both.

MAJOR PRODUCTS EXPECTED: 1. A fifth wave of the Soldier Will Survey was administered in October-December 1987 to the original four COHORT battalions. Analysis of all five waves will begin in early 1988 and will produce data for the final report on the Light Infantry Division Concept Study. 2. Findings from the saturation interviews conducted in June and July 1987 will be consolidated for the final report. 3. Findings in DISCOM units obtained over the past year will be combined with results of a DISCOM Survey administered in October 1987 to produce materials for the final report.



## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: An Assessment of the Human Dimensions of Leadership and Training in US Army Training Centers

PRINCIPAL INVESTIGATORS: David H. Marlowe, Ph.D., LTC Robert Schneider, MS, Ph.D., LTC(P) Larry Ingraham, MS, Ph.D., CPT Paul Bartone, MS, Ph.D., CPT Mark Vaitkus, MS, Ph.D.

PROJECT START-UP DATE: June 1987

EXPECTED PROJECT COMPLETION DATE: September 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The Deputy Commander of the Training and Doctrine Command (TRADOC) requested that the WRAIR assess the human dimensions of leadership and training in Army Training Centers (ATCs).

MAJOR PRODUCTS COMPLETED:

Observations and systematic interviews were conducted at a variety of ATCs. A highly positive leadership climate seemed to permeate the TRADOC training communities. There were issues that warranted concern, but the changes that had taken place since the 1970s were impressive. While still involved in demanding duties, today's drill sergeant is typically a competent, enthusiastic professional soldier deeply involved in the development of young men and women into competent entry level soldiers. In addition to mastering basic soldiering skills and developing a self-identity as a soldier, today's trainees seem to be experiencing a real opportunity for personal growth and maturation.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Unit Manning System Human Dimensions Field Evaluation Survey

PRINCIPAL INVESTIGATORS: David H. Marlowe, Ph.D.,  
CPT Mark A. Vaitkus, MS, Ph.D.

PROJECT START-UP DATE: March 1985

EXPECTED PROJECT COMPLETION DATE: December 1988

## BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT):

1. To reliably measure and validate the human dimensions of horizontal cohesion, caring leadership, confidence in weapons and combat training, confidence in leaders' abilities and personal morale and to determine how and to what extent these five dimensions are related.
2. To compare battalion type, company type and assignment location to understand how One Stop Unit Training (OSUT) and personnel stabilization influence the five dimensions cited above.
3. To determine whether and for what reasons changes in these dimensions occur over the life cycle of the sampled units.
4. To determine what variation in these dimensions is due to the level of unit organization (e.g., squad, platoon, company or battalion).
5. To assess how the five human dimensions and the command climate they imply impact on psychological well-being, life satisfaction, commitment to staying in the Army and sustainability in combat.

MAJOR PRODUCTS COMPLETED: Findings reported at this point are based on three administrations of the Soldier Will Survey and represent approximately 21 months of study.

1. Reliable scales have been developed for measuring horizontal cohesion, off-duty friendships within the unit, the perception of a caring unit leadership, confidence in NCOs' abilities, confidence in combat training and weapons, confidence in officers' abilities, confidence in the senior command, personal morale, identification with the company, commitment to leaders and willingness to go to war with the small unit. The significant positive effects of being a COHORT company/battery at this point include more off-duty friendships and higher horizontal cohesion and company/battery identification. The greatest unit commitment is to go to war with the small unit.

was confidence in NCOs followed by confidence in training and weapons, off-duty unit friendships and horizontal cohesion. There is a decline over time across all measures of cohesion, confidence, and morale in COHORT companies/batteries as a whole and in COHORT light infantry and armor units most dramatically, with individual replacement units remaining steady. These changes in COHORT units seem to be related to: (1) personnel turbulence, (2) leadership practices and (3) high initial expectations of the units.

2. Higher horizontal cohesion was found in armor and airborne units than in mechanized infantry and light infantry units and the lowest scores were found in field artillery units. There were no consistent effects on cohesion scores of HQ vs line unit status or CONUS vs USAREUR assignment. Officer scores on cohesion are so high that they should be viewed with caution in determining the unit human dimensional climate. Company/battery affiliation is more important than battalion affiliation in explaining variation in cohesion scores. It is personal morale that is the best predictor of psychological well-being, life satisfaction and the desire to reenlist.

MAJOR PRODUCTS EXPECTED: Two additional waves of data will be collected and analyzed. Research will be directed toward understanding the variability of first-termers' psychological readiness for combat over time. These questions involve investigating which leaders, issues and practices are most important. It is suggested that the focus should be on the NCOs at the squad and platoon level. Social support resources and personality variables such as coping skills, hardiness and locus of control and their effects on psychological readiness for combat will also be studied. An understanding of the effects of battalion rotations will also be obtained through these data analyses (fourth and fifth waves). Causal relations among the human dimensions including interactions of the horizontal, vertical and personal variables will need more analysis before these factors are better understood. Soldiers' comments will continue to be an important part of the data as well as data from studies of soldiers' wives.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Suicide in the Military

PRINCIPAL INVESTIGATORS Joseph M. Rothberg, Ph.D.,  
Harry C. Holloway, M.D.,  
COL Robert J. Ursano, MC, M.D.

PROJECT START-UP DATE: October 1985

EXPECTED PROJECT COMPLETION DATE: Indefinite

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this research is to characterize suicide in the United States military and to provide data interpretation for policy development. This research is conducted through epidemiologic analyses of rates of suicide by sex, age, race, grade and marital status and studies of trends in subgroups over time. In addition to demographic data, information on circumstances surrounding the suicides were available as well as analyses of the persons' psychosocial situation.

MAJOR PRODUCTS COMPLETED: The risk factors for suicide in the military are similar to those in the civilian community and include divorce, separation, retirement and mental disease hospitalization. Rates for age and race-matched males are lower in the DOD than in civilian communities, but for females the rates are higher. A fifth biennium of epidemiological data on suicide in the US Army was compiled. The crude annual rate for 1983-84 was 10.0/100,000 soldiers, a drop of 1.4 points from 1981-82. Remarkable constancy was shown in the five time periods that have been studied and indicated a powerful, consistent association between the collapse of a dyadic love object relationship and the completed suicide. The rate of suicide in the U. S. Air Force for 1981-85 was 11.0/100,000 airmen. These data were consistent with US Army data and pointed directly to the importance of the collapse of a love object dyadic relation in completed suicides.

MAJOR PRODUCTS EXPECTED: Factors involved in the military-civilian differences in the age, race, sex and marital status-specific suicide rates as well as the factors contributing to the variation in suicide rates between the services are areas of future study. Products include presentations on suicides at major professional meetings, manuscripts for publication on suicide and participation in meetings on military policy and suicide and provision of medical curricula on suicide.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Coping with a Military Air  
Disaster: The Gander Airline  
Crash

PRINCIPAL INVESTIGATOR: Kathleen Saczynski, Ph.D.

PROJECT START-UP DATE: December 1985

EXPECTED PROJECT COMPLETION DATE: Fall 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of the research was to investigate the psychosocial effects of the airliner crash at Gander, Newfoundland that resulted in the deaths of 248 soldiers from the 101st Airborne Division returning from peacekeeping duties to Ft. Campbell, Kentucky. The investigation included interview and observational data collected over a six month period in order to (1) document responses to the tragedy, (2) provide recommendations to line and medical personnel and (3) establish a base of expertise for education and consultation to military units and commands.

MAJOR PRODUCTS COMPLETED: Observational and interview data were collected at nearly all levels of the divisional command and support structures and identified the following components of the tragedy: (1) identification and description of principle stress points and stages of grief, (2) documentation of community responses and battalion reconstitution efforts and (3) evaluation of the effectiveness of on-site interventions.

MAJOR PRODUCTS EXPECTED: Written products will include a practical guide for handling mass casualty contingencies in a military setting as well as more detailed accounts of specific components of the tragedy.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Package Replacements

PRINCIPAL INVESTIGATORS: LTC Robert J. Schneider, MS,  
Ph.D.  
LTC Robert Gifford, MS, Ph.D.

PROJECT START-UP DATE: July 1987

EXPECTED PROJECT COMPLETION DATE: September 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This research is designed to increase knowledge about how small groups of soldier replacements are integrated into their units and knowledge about leader attitudes and behaviors which enhance or detract from this process. It will rely on data gained through limited surveys as well as extensive interview and observation of the entire replacement process. Previous work has indicated that one of the potential barriers to rapid and successful integration of replacements are the attitudes of small unit leaders concerning their role in the integration process and the secondary role that cohesion plays in deciding how replacements should be managed.

## MAJOR PRODUCTS EXPECTED:

This research will generate a series of recommendations designed to help the small unit leader manage the replacement process. It will suggest areas where leader training can be improved to ensure that optimal understanding and implementation of U. S. Army doctrine concerning cohesion occurs.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Emergent Leadership and Social Support in a COHORT Battalion

PRINCIPAL INVESTIGATOR: CPT Hilary Weiner, MS, Ph.D.

PROJECT START-UP DATE: August 1986

EXPECTED PROJECT COMPLETION DATE: October 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This study was designed to examine emergent leadership and social support phenomena over the life cycle of a COHORT battalion. Issues to be addressed included (1) whether there is differentiation in the types of support provided by various individuals within the unit, (2) the extent to which sociometric "stars" (emergent leaders) are co-opted into the formal leadership structure and (3) the extent to which formal leaders are integrated into the informal support networks of first term COHORT soldiers. Variations in subgroups of soldiers on these measures are expected to be related to motivation of soldiers within those subgroups as well as their psychological well-being.

## MAJOR PRODUCTS COMPLETED:

1. There is some differentiation of function of different members of support networks. Some provide purely emotional supports, others instrumental supports while some provide a variety of forms of support. 2. Team leaders and squad leaders are integrated into support networks of first termers quite early (following their first major field exercise) while higher ranking NCOs and officers are often excluded.

## MAJOR PRODUCTS EXPECTED:

1. Results will be presented as part of a technical report on the U. S. Army's first light infantry division (Summer 1988).  
2. A methodological article dealing with treatment of incomplete sociometric data when inferences are to be made concerning relational networks will be written.  
3. Articles will be submitted to professional journals detailing substantive findings and implications for military unit structures and manning policies.

## Part II      Family-Community Research

1.    Adaptation to Stress in Army Families: A Longitudinal Study of Cumulative Family Life Stress, Family Social Supports and Family Mental Health in Army Families with Identified Exceptional Family Members.    LTC M. W. Bain, MC, M.D.
2.    Relationship Between the Soldier in the Military Unit and in the Military Family.    Reuven Gal, Ph.D.
3.    Seeking to Balance Social Roles and Social Resources: The Psychological Well-Being of Mothers with Infants.    Jeannette R. Ickovics, M.A.
4.    The Family Stress and Coping: A Prospective Study of New Mothers and their Families.    MAJ Peter S. Jensen, MC, M.D.
5.    A Comparison of Clinical and Community Samples of Military Children in Symptoms, Functioning and Background Risk Factors.    MAJ Peter S. Jensen, MC, M.D.
6.    Life Stress and Family Functioning: A Study of the Frequency and Effects of Stressful Life Events on Military Children and Families.    MAJ Peter S. Jensen, MC, M.D.
7.    Family Types, Military Performance and Life Stress.    MAJ Perry Wolf, MS, D.S.W.
8.    Adaptation and Social Networks of Drill Sergeants' Families.    Pearl Katz, Ph.D.
9.    Different Methods of Coping with Stress among Hispanic Soldiers.    Mary Lozano, Ph.D.
10.   Unit Manning System Family Study.    LTC James A. Martin, MS, Ph.D.
11.   Perception of the Adequacy of Fit Between Family and Military Life and its Consequences for Work Related Variables: An Adaptation of the Fishbein Model.    Linda L. Z. Moghadam, M.S.
12.   US Army Families in Mobile Homes: Satisfaction, Health and Social Involvement.    Paul B. Paulus, Ph.D.
13.   Unit Manning System Family Health Study.    Leora N. Rosen, Ph.D.
14.   The Wife of the First Term Enlisted Man: A Study of Socialization and Role.    Florence R. Rosenberg, Ph.D.
15.   The Impact of Separation on Army Families.    Mady W. Segal, Ph.D.



16. Social Belonging and Well-Being in an Army Family Community. Mady W. Segal, Ph.D.
17. Delayed Post-Traumatic Stress Disorder (PTSD): Incidence, Course and Correlates. A Longitudinal Study of Family Impact, Stressful Life Events, Social Resources and Coping Style. Zahava Solomon, Ph.D.
18. Adjustment and Adaptation of Enlisted Family Members to Long-Term Separation During a Peacekeeping Unit Deployment. Joel M. Teitlebaum, Ph.D.
19. Family, Community and Unit Adaptation and Coping with the Stresses of Light Infantry Mission Demands on Soldiers. Joel M. Teitlebaum, Ph.D.
20. Extended Separation Experiences of Army Wives. Linda Truitt, B.S.
21. A Longitudinal Study of Stress and Health in Gander Survivor Assistance Officers. CPT Paul Bartone, MS, Ph.D.
22. Soldier, Family, Community: The Family Perspective on LIfe in USAREUR. John P. Hawkins, Ph.D.
23. Financial Stress and Quality of Life in USAREUR. Charlene S. Lewis, Ph.D.
24. The Military Teenager in Europe. Mary Tyler, Ph.D.
25. US Army Family Health-Seeking Behavior and Satisfaction: Life Course Perspective. Otto von Mering, Ph.D.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Adaptation to Stress in Army Families: A Longitudinal Study of Cumulative Family Life Stress, Family Social Supports and Family Mental Health in US Army Families with Identified Exceptional Family Members

PRINCIPAL INVESTIGATORS: LTC M. W. Bain, MC, M.D.,  
Leora Rosen, Ph.D.,  
MAJ Peter Jensen, MC, M.D.

PROJECT START-UP DATE: October 1987

EXPECTED PROJECT COMPLETION DATE: October 1989

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This research is designed to develop a model of the process by which US Army families with and without exceptional family members (EFM) adapt to stress in their lives. The design will take into account families' cumulative stressful experiences, demographic structure and mental health. A panel study design will be utilized to prospectively follow two matched groups of families with and without identified exceptional family members. A large number of families (100-200) will be asked to fill out survey instruments at 4-6 month intervals over a 1-3 year period. A family data base will be compiled providing information about each family's structure, mobility, health, parental absences, job and school performance and utilization of community resources. A standard measure of family functioning will also be completed by each parent. A small number of families (10-12) will be matched with non-EFM families. Interviews will be conducted by a child psychiatrist focusing on the family's adaptive style, perceptions of events in their lives and use of supportive interactions outside the family. The specific stress of the presence of an exceptional family member will be studied in detail through direct observation and survey methodology and will be compared with non-EFM families.

MAJOR PRODUCTS COMPLETED: Contact has been established with a U. S. Army post with a high concentration of families with exceptional family members. Demographic data have been compiled by the post personnel services regarding numbers and types of families assigned over the past year. A series of interviews have been conducted with EFM families and their support personnel.

MAJOR PRODUCTS EXPECTED: Information derived from this study will be provided to the U. S. Army Exceptional Family Member Program, personnel policy planners and community support personnel and agencies. Improved understanding of the adaptive processes of families to the unique demands of military life will enhance the ability to devise effective personnel assignment policies, develop useful support services and implement efficient clinical interventions.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Relationship Between the  
Soldier in the Military Unit  
and in the Military Family

PRINCIPAL INVESTIGATOR: Reuven Gal, Ph.D.

PROJECT START-UP DATE: April 1986

EXPECTED PROJECT COMPLETION DATE: April 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this research is to explore the interrelationships between soldier behavior within the unit and the military family's patterns of adjustment. Sources of stress within the two environments - the military unit and the family - and their impact on both parties will be investigated. One hundred families of military personnel from the Israeli Defense Force comprise the sample for this study. Interviews and questionnaires provide the main tools for data collection.

MAJOR PRODUCTS COMPLETED: Pilot studies and training workshops for interviewers have been conducted and the first round of sampling has occurred.

MAJOR PRODUCTS EXPECTED:  
It is anticipated that data collection (questionnaires and interviews from 100 families) and analysis will continue through Fall 1987.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Seeking to Balance Social Roles and Social Resources: The Psychological Well-Being of Mothers with Infants

PRINCIPAL INVESTIGATOR: Jeannette R. Ickovics, M.A.

PROJECT START-UP DATE: January 1987

EXPECTED PROJECT COMPLETION DATE: Completed September 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): Recent studies indicate that being a mother may be the greatest source of stress in women's lives. This may be exacerbated for military wives who are often separated from both their husbands and their extended families, implying that they must exclusively carry the burden associated with children. This study examined the effects of multiple social roles on the psychological well-being of mothers with infants between three and twelve months of age. The availability of both formal and informal social support was also assessed based on the hypothesis that support may buffer role demands. Results and implications for women involved in multiple social roles and relevant policy implications were addressed.

## MAJOR PRODUCTS COMPLETED:

The overall findings of this study are not consistent with either of the two major theoretical models (scarcity or expansion) on the effects of multiple roles on women's mental health. Neither employment status nor the number of children explained a significant portion of the variance in general well-being. In contrast, the presence of a new child did have a significant impact on general well-being for the total sample. Women parenting an infant reported significantly lower well-being than those women without this role demand. The most substantial effects on well-being were accounted for by the marital relationship and the availability of formal social support (e.g., military and civilian agencies, husband's chain of command). One possible explanation for these effects is that the isolation of the nuclear family from extended family and other primary relationships has placed increased expectations on the marital relationship for satisfaction of a variety of needs and has placed more reliance on formal support systems. This may be particularly true when demands such as child rearing exceed other available resources.

#### MAJOR PRODUCTS EXPECTED:

Determining which variables are important in facilitating the positive adaptation to multiple social roles warrants further attention. Future research should investigate the effects of other types of life transitions and the impact of first versus additional children. The interaction of family roles and work roles affect the well-being of children and the entire family structure as well as employers, employee unions and policy makers who have begun to rethink traditional approaches to work and family issues. The potential direct and indirect effects of various programs and policies designed to address these issues should also be considered; however, programs and interventions will not be effective unless they are accompanied by shifts in values and expectations about work and family roles. Future understanding of these and related issues can help women and men to strike a balance between the demands and resources of the social roles in which they are involved.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: The Family Stress and Coping: A Prospective Study of New Mothers and their Families

PRINCIPAL INVESTIGATORS: MAJ Peter B. Jensen, MC, M.D.,  
LTC Kent Plowman, MC, M.D.,  
Kathy Byrne, MC, M.D.

PROJECT START-UP DATE: August 1987

EXPECTED PROJECT COMPLETION DATE: December 1989

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This project involves the longitudinal assessment of 140 families, selected in the first trimester of the mother's pregnancy, to determine factors affecting good outcome and adjustment to the birth of a child. Repeated assessments of the family stressors, mother's and father's coping mechanisms, availability and nature of social supports, marital functioning and each parent's psychological symptoms will be obtained at 4 points over an 18 month period as well as a health utilization measure and health status on each family member. This study will attempt to determine which factors predict the baby's optimal growth and development and family coping during the first year after the birth. Because an equal number of active duty mothers and dependent mothers will be enrolled in the study, it will be possible to examine the effects of the new baby on the female soldier's job performance and military readiness as well as the male soldier's military performance.

MAJOR PRODUCTS COMPLETED: Thirty subjects enrolled; no data collected.

MAJOR PRODUCTS EXPECTED: This information will be useful to help Army Community Service planners in understanding which community supports and resources are most helpful in enhancing longitudinal adaptation and coping in the military member and his/her family after the birth of a first child. This information may allow program and policy planners to more effectively target resources to the subgroups who most need and can benefit from them and may lead to enhanced family wellness, improved readiness, military life satisfaction and decreased utilization of scarce resources.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: A Comparison of Clinical and Community Samples of Military Children in Symptoms, Functioning and Background Risk Factors

PRINCIPAL INVESTIGATOR(S): MAJ Peter S. Jensen, MC, M.D.  
MAJ Perry Wolf, MS, D.S.W.  
CPT James DeGroot, MS, Ph.D.  
LTC Michael Bain, MC, M.D.

PROJECT START-UP DATE: August 1987

EXPECTED PROJECT COMPLETION DATE: August 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This project involves the comparison of family member symptoms and background factors in a community sample of military children and a clinical sample, 200 children each. An attempt will be made to determine which background factors predispose to the development of psychiatric symptoms and seeking psychiatric care. Background and contextual factors will be examined to determine which factors may protect the child and family from dysfunction.

MAJOR PRODUCTS COMPLETED: Data from 200 community sample subjects has been gathered, scored and prepared for computer analysis. Data from 100 clinical sample subjects has been entered and scored.

MAJOR PRODUCTS EXPECTED: This information may be useful to help Army Community Service planners understand which contextual and background factors predispose as well as protect military families from psychosocial dysfunction. This information could be helpful in developing primary and secondary prevention programs for military families. This information may allow program and policy planners to more effectively target resources to subgroups who most need them and can benefit from them and may lead to enhanced family wellness, improved readiness and military life satisfaction and decreased utilization of scarce resources.



## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Life Stress and Family  
Functioning: A Study of the  
Frequency and Effects of  
Stressful Life Events on  
Military Children and Families

PRINCIPAL INVESTIGATORS: MAJ Peter S. Jensen, MC, M.D.,  
LTC Michael Bain, MC, M.D.

PROJECT START-UP DATE: August 1987

EXPECTED PROJECT COMPLETION DATE: November 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This project involves the analysis of the relative frequency of stressful life events in a sample of 200 children of military families and an examination of the relative contribution of discrete events to child and family psychiatric symptoms. This study has significant strengths over previous studies that have based the relative weighting of stressful life events on teachers', parents' or other adults' estimations of the amount of life change or stress the event should present to a child. No previous studies have examined the relationship between the occurrence of the presumed stressful events and child behavioral and emotional symptoms. This study will directly examine these relationships and attempt to develop new weighting schemes for discrete life events. The frequency of the presumed stressful events will be compared with a psychiatric clinical sample and the frequency of the stressful events occurring in the clinical sample will be used to develop alternative weights for each stress item. Commonalities will be sought between the two weighting schemes and a new life events weighting scheme will be developed and tested on new samples.

MAJOR PRODUCTS COMPLETED: Life events stress data from 200 community sample subjects has been gathered, scored and entered into a computer for analysis. Data from 100 clinical sample subjects has been gathered and scored. Analysis has not yet been completed.

MAJOR PRODUCTS EXPECTED: This information will be useful to help Army Community Service planners in understanding which stressful events most commonly occur in military families and the power of these stressors on child and family functioning. This information could be helpful in developing primary and secondary prevention programs for families undergoing certain stressors. This information may allow program and policy planners to

effectively target resources to subgroups who most need and can benefit from them and may lead to enhanced family wellness, improved readiness and military life satisfaction and decreased utilization of scarce resources.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Family Types, Military  
Performance and Life Stress

PRINCIPAL INVESTIGATORS: MAJ Peter S. Jensen, MC, M.D.  
MAJ Perry Wolf, MS, D.S.W.  
LTC Michael Bain, MC, M.D.

PROJECT START-UP DATE: August 1987

EXPECTED PROJECT COMPLETION DATE: August 1989

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This project involves the analysis of family symptom patterns from a community sample of 300 military families and a clinical sample of 200 children of military families to determine which family patterns contribute to "hardiness" and adaptation to the military environment. The purpose of this project is to determine the feasibility of developing a typology of family functioning.

MAJOR PRODUCTS EXPECTED OR COMPLETED:

Data from 200 community sample subjects have been gathered, scored and entered into a computer for analysis. One hundred more community sample families will be enrolled in spring 1988. Data from 100 clinical sample subjects has been gathered and scored with an additional 100 to follow over the next 6 months.

MAJOR PRODUCTS EXPECTED: This information will be useful to help Army Community Service planners understand which family types do well in the face of military and other life stressors. This information could be helpful in developing primary and secondary prevention programs for families and may help to screen families and soldiers before stressful assignments. This information may allow program and policy planners to more effectively target resources to subgroups who most need them. It is hoped that a typology of families can be developed that will enable reasonable estimates about a family's ability to tolerate military stressors.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Adaptation and Social Networks  
of Drill Sergeants' Families

PRINCIPAL INVESTIGATOR: Pearl Katz, Ph.D.

PROJECT START-UP DATE: June 1987

EXPECTED PROJECT COMPLETION DATE: June 1989

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This ethnographic research investigates the adaptation of drill sergeants' families. It examines the natural history of the families' and soldiers' adjustments to PCS, Drill Sergeant School and drill sergeant duties. The focus is on the families' utilization of social networks and the consequences for facilitating or hindering adaptation. The complex interrelationships of the social networks with work, marriage and family roles are also examined. The sample consists of 30 drill sergeant families at a basic training post. The methodologies are open-ended unstructured interviewing and participant observation.

MAJOR PRODUCTS COMPLETED: Preliminary data collected during the first months after the families' arrival suggest the following results. (1) Chronic sleep deprivation due to long hours, frequent CQ assignments, short or no cycle breaks and unpredictability of schedules, was stressful for all the soldiers and their families. (2) Living in temporary housing was a major source of stress for the families. (3) Drill Sergeant School, particularly absence of prior information and 3 week lock-up, was stressful for the families. (4) Recreating the same kinds of social network configurations that were supportive in the past buffered stress for some families. (5) The support that drill sergeants obtained from their unit cadre influenced the stress experienced by some families. (6) Job gratification for spouses buffered some family stress. (7) Spouses understood that training soldiers was a source of gratification for the drill sergeants. (8) The kinds and degrees of empathy, communication, shared knowledge and shared household tasks between the soldiers and their spouses may have implications for buffering or increasing stress between married couples.

MAJOR PRODUCTS EXPECTED: A natural history of drill sergeants and their families over this two year longitudinal study will reveal patterns of adaptation, including changes over time in perceived stress and responses to stress, support systems, social networks and the effects of accumulated stress. It will explore the role of Army institutions in adaptation.

This research will make a contribution to understanding familial factors that affect soldiers' commitment to the Army. It should increase understanding of the interrelationships between the soldier, his military unit, garrison facilities and the family. This research will result in a series of recommendations to the U. S. Army leadership about strengthening institutional supports and reducing work stress for NCOs.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Different Methods of Coping  
with Stress among Hispanic  
Soldiers

PRINCIPAL INVESTIGATOR: Mary Lozano, Ph.D.

TELEPHONE NUMBER: (301) 427-5210

Completed: 2 January 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): An anthropological investigation into the adaptation of Hispanic subethnic groups in the U. S. Army is presented. The purpose of the investigation was to examine the culturally-specific ways various Hispanic ethnic subgroups adapt to the structure of the military. The sample was drawn from 154 Hispanic soldiers from four U. S. Army posts. By means of standard methods of cultural anthropological analysis and techniques (observations and open and closed-ended interviews), information on the coping behavior of these groups was collected. Results indicated that homogeneous groups appraise and cope with potential stressors in ways that are unique to their culture. For example, Puerto Rican soldiers differed from other Hispanic soldiers in the following six areas: (1) reasons for enlistment, (2) perceptions of military life, (3) selection of army buddies, (4) difficulty with the English language, (5) complaints of discrimination and (6) frequency of self-reported incidences of fair to poor health.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Unit Manning System Family Study

PRINCIPAL INVESTIGATORS: LTC James A. Martin, MS, Ph.D.  
Jeannette Ickovics, M.A.  
Linda Truitt, B.S.

PROJECT START-UP DATE: June 1983

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): A longitudinal study of spouses (N=604) whose husbands were assigned to a Unit Manning System (COHORT) company or battery was performed through the use of a series of self-administered survey instruments and periodic in-depth personal interviews. These individuals were followed through a three year COHORT lifecycle. Major areas of interest were (1) the nature and success of unit and community efforts to welcome, integrate and sustain COHORT families and (2) the extent and consequences of interpersonal relationships among unit wives, which included the effects of these relationships on well-being and life satisfaction as well as attitudes toward the unit and the military community.

## MAJOR PRODUCTS EXPECTED OR COMPLETED:

1. Although the predictable COHORT life cycle provided a golden opportunity for family support initiatives, family support planning guidance was never implemented in the field.
2. The NCO husband typically had little or no time to help his own family get settled. Very little initial information was given to spouses. Low percentages of spouses (first term or NCO wives) received any unit welcome or community briefing; however, many first term families lived in the same area which led to the development of positive, supportive relationships, many of which lasted throughout the unit life cycle. Most of these wives subsequently avoided participation in any unit activities.
3. During the CONUS sustainment period, very few units sponsored family activities. Only one unit attempted to socialize first term wives into an Army lifestyle; this resulted in the development of strong bonds between this unit's first term family members and the unit cadre. Only one unit used the CONUS sustainment period to introduce the USAREUR rotation and this unit developed a very positive mind-set about the rotation. Such efforts focused on providing practical information.
4. There was a general failure to consider and plan for the psychological preparation of family members.

rotation overseas or the deployment. In the few cases where simple supportive actions were taken (such as language training for spouses), the payoff in terms of the spouses' ability to cope with the situation was enormous.

5. Families that rotated together seemed to have a better experience than the units in which the soldiers rotated first. When the soldier rotated first, by the time his wife arrived he was involved in training and had little time for resettlement activities. Failure to provide adequate time for this spelled disaster for morale and was hard to overcome later. When the soldier and his wife rotated together, there was the benefit of a shared experience.

6. Wives who moved to their home areas while their husbands were in Korea often experienced significant difficulty. Expected family support often was not available, wives had to adjust to a perceived loss of independence, money was usually very limited and new marriages were stressed.

7. Overall observations suggest that building and sustaining family-unit relationships requires a different set of skills as opposed to those skills required for leading soldiers; most leaders appear to lack these skills. Time was a critical element and unit leaders seemed to waste enormous amounts of it which denied the family time together.

MAJOR PRODUCTS EXPECTED: Analysis and interpretation will focus on those additional factors supporting adaptation or increasing stress for the family members.



## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Perception of the Adequacy of Fit Between Family and Military Life and Its Consequences for Work-Related Variables: An Adaptation of the Fishbein Model

PRINCIPAL INVESTIGATOR: Linda Z. Moghadam, M.S.

PROJECT START-UP DATE: Fall 1987

EXPECTED PROJECT COMPLETION DATE: Summer 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This study will address the issue of the interaction of the institutions of work and family and the reciprocal effects on each institution. Building on earlier research on the dynamics of the work/family relationship, often conducted in a military setting, this study will utilize the Fishbein model of attitude as a predictor of behavior. Soldier and spouse's perceptions of the viability of the work/family interface and the attitudes engendered by the experience and the effect it will have on work-related behaviors of concern to the military, such as soldier's morale and retention, will be the specific focus of the study. The study will also attempt to take into account other critical variables that may mediate this relationship, such as peer influence and alternative employment opportunities in the civilian labor force. Data will be analyzed as part of the Unit Manning System Field Evaluation Survey. The sample consists of approximately 500 soldiers and their spouses taken at three points in time.

MAJOR PRODUCTS COMPLETED: None - data not yet ready for analysis.

MAJOR PRODUCTS EXPECTED: The present study offers the opportunity to examine the dynamics between the worlds of work and family. This relationship and its consequences, particularly the potential for family to influence work-related variables, has until very recently been largely ignored, based on the myth of separate worlds. This study can add to the small body of existing empirical and theoretical work already done in this area. If the proposed model proves to be correct, it will also present many practical considerations for the U. S. Army -- the most critical being the fact that it will predict the loss of the most qualified personnel should they experience family pressures not to reenlist. The Army will

individuals which they should have the greatest interest in keeping. In addition, the soldier and his spouse's perception of the fit or lack of fit between family life and military life and the consequences it may have for other aspects of the soldier's military performance should also be of great interest to the Army, given the high percentage of married soldiers.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: US Army Families in Mobile Homes: Satisfaction, Health and Social Involvement

PRINCIPAL INVESTIGATOR(S): Paul B. Paulus, Ph.D.  
Dinesh Nagar, Ph.D.

PROJECT START-UP DATE: October 1985

EXPECTED PROJECT COMPLETION DATE: October 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this project was to develop a comprehensive understanding of the role of housing in the health, well-being and social life of enlisted Army families living off-base. Although surveys suggest that housing satisfaction is a major concern of families, little is known about features of housing that relate to satisfaction and importance of housing satisfaction relative to other sources of concern such as the job and the family. One part of the study focused primarily on determining the impact of different types of housing (apartment vs mobile home) and overall environmental quality of the housing. A second phase involved a detailed assessment of the various psychological and social factors related to adjustment in different types of housing.

## MAJOR PRODUCTS EXPECTED OR COMPLETED:

About 500 families in mobile homes or apartments were given a brief housing survey and 170 families were interviewed in detail about issues related to housing, well-being and social activities and US Army life. A follow-up survey assessed changes after a period of four months. Only preliminary analyses of data from the housing survey have been done.

Residents of apartments and mobile homes rated their homes at about an average level on most dimensions; apartments were rated as more attractive, but less spacious and noisier than mobile homes. Apartment residents were more satisfied with the adequacy of facilities in the housing complex and access to services than trailer residents. Off-base housing was seen as below their expectations. Below average trailer parks were associated with negative emotional reactions about the Army. Apartment residents did evaluate their homes relatively more favorably in better quality complexes. Overall environmental quality may be related more closely to the quality of the housing complex than in the case for mobile homes. The study also indicated a greater concern with the quality of the housing complex than with the quality of the housing unit.

mobile home residents, apartment residents may be more sensitive to differences in overall environmental quality.

**MAJOR PRODUCTS EXPECTED:**

This study will provide detailed analyses of the characteristics of housing and residents that are related to residential satisfaction and dissatisfaction. The relationship of housing satisfaction and housing characteristics to morale, well-being, physical symptoms and the development of a sense of community will also be examined. The above analyses should be the basis for several informal reports and scholarly papers. It is hoped that this research will provide definitive information about the importance of housing satisfaction in the morale and well-being of families.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Unit Manning System Family Health Study

PRINCIPAL INVESTIGATORS: Leora N. Rosen, Ph.D.  
Linda Z. Moghadah, M.A.

PROJECT START-UP DATE: November 1985

EXPECTED PROJECT COMPLETION DATE: December 1987

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this study was to evaluate the impact of the Unit Manning System on military spouses and children, particularly with regard to social supports, quality of life and mental health outcomes. The study was also designed to examine the impact of the family on soldier's morale, retention and readiness. The study design is longitudinal and involves a comparison over time of groups of soldiers and their families participating in the Unit Manning System with those still subjected to the traditional method of assignment and deployment.

## MAJOR PRODUCTS COMPLETED:

1. The first wave of data collected indicated no differences between COHORT and non-COHORT wives in areas of life satisfaction and general well-being. COHORT wives, however, had more social supports than non-COHORT wives.
2. Social supports, defined as being able to count on another unit wife, was found to have a significant buffering effect on stress which was defined as the amount of time husbands were away in the field.
3. The most important component of both general well-being and life satisfaction was a factor dealing with marriage, health and family life. Factors related to domains of satisfaction with military life also explained significant amounts of variance in both dependent variables.
4. Wives' attitudes toward husbands' units influenced husbands' morale. Among NCO couples, the effect is predominantly direct, whereas among junior enlisted couples there is only an indirect effect through the work-family interface. We also found that husbands' satisfaction with the work-family interface influenced wives' attitudes toward the unit whereas morale did not have a significant influence.
5. An analysis of comments written by survey respondents indicated that medical care, housing, dissemination of information, military salary, spouse employment, post location, long duty hours, frequent separations and distance from family and friends, as well as the overall quality of life, were the most

have on marital and family life were the areas of military life that elicited the most concern and dissatisfaction.

MAJOR PRODUCTS EXPECTED:

1. Differences over time between COHORT and non-COHORT wives will be assessed including their general well-being and various domains of life satisfaction and social support.
2. The buffering hypothesis of social support will be further tested with regard to the specificity of types of support. For example, is it essential for the support to come from a unit wife or would some other form of support be just as good?
3. Military life stressors affecting childrens' emotional and physical health will be studied.
4. The relationship of pre-menstrual stress and personality will be examined over time.
5. A study of seasonal effects on well-being comparing CONUS and OCONUS wives will be conducted.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: The Wife of the First Term  
Enlisted Man: A Study of  
Socialization and Role

PRINCIPAL INVESTIGATOR: Florence R. Rosenberg, Ph.D.

PROJECT START-UP DATE: March 1987

EXPECTED PROJECT COMPLETION DATE: September 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The major objective of this research is to gain some insight into the socialization of the first-term enlisted soldier's wife into her role as a military wife, her adjustment, major problems and coping strategies. In a practical sense, we are interested in finding out what the military can do to improve the life of the first term wife. Basic assumptions are that (1) socialization and adjustment of the wife are crucial to the well-being of the family, (2) her adjustment influences duty performance of the soldier and (3) her adjustment is a crucial factor in the soldier's career plans.

## MAJOR PRODUCTS COMPLETED: Initial findings indicate:

1. About half the first term wives were at least moderately satisfied. These satisfied women tend to favor their husbands remaining in the Army.
2. There was moderate satisfaction in particular life domains such as finance, housing, the neighborhood and the conditions of the husband's work.
3. The concept of role was generally unknown to most wives and certain aspects of the role of the enlisted man's wife were consciously rejected. These women rejected the idea of different behaviors across ranks.
4. Most wives reported little initial support by the Army. Although most developed informal networks of friendship and support, the consensus was that orientation through classes and tours as well as home visits would have been of great value. Those who reported having had a mentor were very satisfied.

## MAJOR PRODUCTS EXPECTED:

The second phase of data collection at a second site will start soon. We hope to examine both differences and similarities between two posts in terms of some of the findings listed above. We will see if any differences in adjustment and satisfaction can be attributed to varying levels of Army support for wives and families. We are hoping that 6 months to a year after initial orientation, wives will be more fully socialized

respondents to assess changes in adjustment, socialization and stress as time passes.



## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: The Impact of Separation on Army Families

PRINCIPAL INVESTIGATORS: Mady W. Segal, Ph.D.  
Jocelyn S. Vuozzo, B.S.

PROJECT START-UP DATE: Original research, 1982

NEW PHASE BEGAN January 1987

EXPECTED PROJECT COMPLETION DATE: December 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT). The purpose of this study was to analyze intra-family processes of separation and reunion among couples who were separated for six months when the husbands were deployed to the Sinai Peninsula as part of a peacekeeping force. The focus of the research was on wives' experiences during the separation, changes in their self-perceptions and changes in the marital relationships following reunion. An understanding of the processes of separation and reunion, including how these are experienced differently in different types of families, can serve as the basis for helping families to deal with these processes. This research views marriage as an ongoing process of building social reality, a process in which the continuing conversations of husbands and wives is of crucial importance to their conceptions of their marriages, their respective roles and their individual self-conceptions. Separation produces discontinuities in this process. The consequences of these discontinuities is the focus of this research.

## MAJOR PRODUCTS COMPLETED:

As expected from the theoretical analysis, separation of marriage partners produced changes in the self-perceptions of many of the wives in the sample. Most of them felt more independent and learned how to do new things. Change in self was especially apparent among the younger wives and those married between two and five years. New feelings of independence and other changes in self necessitated adjustment when these wives were reunited with their husbands. Perceived individual change was associated with perceived change in the marital relationship.

## MAJOR PRODUCTS EXPECTED:

In addition to the analyses already completed, further analysis will examine the effects of problems experienced during separation on wives' changes in self-perceptions and on changes in wives' well-being. It is expected that support and a collaborator

between stressful events and stress reactions will be tested. Changes in marital satisfaction during and after separation will be examined, as will the extent to which these changes are affected by changes in self and changes in the marital relationship. The research can help to identify successful strategies used by wives for coping with problems during separation.

## WRAIR RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Social Belonging and Well-Being  
in an Army Family Community

PRINCIPAL INVESTIGATORS: Mady W. Segal, Ph.D.  
Jocelyn S. Vuozzo, B.S.

PROJECT START-UP DATE: Original research 1980-1982.  
New phase begun January 1987

EXPECTED PROJECT COMPLETION DATE: December 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT). This study was concerned with the relationship between social belonging and individual well-being in an enlisted family post housing area (grades E-4 to E-6). One focus of the research was on the residents' sense of social belonging, their social integration and their life satisfaction. The domains of life satisfaction explored included work, family, community, leisure, religion and friendship. The second major thrust of the research was on the community culture in the housing area. Important aspects of community culture studied included the community atmosphere, social norms, social interaction patterns, residents' concerns, type and degree of participation in community activities and perceptions and attitudes about the community.

MAJOR PRODUCTS COMPLETED: Earlier research gave us a picture of the social solidarity felt by residents. It was an area with transient residents; long-term friendships with neighbors based on face to face contact were virtually impossible. Most residents did not appear to have a strong identification with the housing area as a unified whole; however, most respondents were involved with at least some neighbors in social relationships involving mutual affection, activities and aid. This was especially true for the women whose closest friends tended to be neighbors. Further, though most families reported some problems with neighbors, most were minor and involved very few neighbors.

MAJOR PRODUCTS EXPECTED: This study will systematically explore the extent to which these observations still characterize the area. This research will tell us about the relationships between what is occurring in the unit and the influences on the quality of family life. We will explore the extent of social interaction outside of the duty time that soldiers and their spouses have with other unit members and their spouses. We will also examine the degree of participation of residents in unit-based family support group activities and their perceptions of these groups.

This will be compared to their participation in organized activities and informal interaction in the housing area. Of special interest is the extent to which service members and their spouses perceive that the behavior of the leaders in their units affects their families. This research will examine residents' perceptions of actions by unit NCO's and officers that positively and negatively affect family well-being. We will ask them to site and describe particular examples of situations within their leaders' control that had effects on families. We will explore how often such instances occur and how they affect job satisfaction and morale.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Delayed Post-Traumatic Stress Disorder Incidence, Course and Correlates: A Longitudinal Study of Family Impact, Stressful Life Events, Social Resources and Coping Style

PRINCIPAL INVESTIGATOR: Zahava Solomon, Ph.D.

PROJECT START-UP DATE: June 1987

EXPECTED PROJECT COMPLETION DATE: June 1989

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this research is to provide a detailed investigation of the incidence, course and correlates of delayed Post Traumatic Stress Disorder (PTSD) related to combat stress. The disorder will be studied in the context of current stressful life events and available support networks with particular attention to family context variables as exacerbating or ameliorating factors affecting the course of PTSD. Additionally, the research includes an evaluation of individual differences in coping strategies in this disorder and attempts to describe the relationships between the course of PTSD and such outcome variables as soldier performance, retention and family adjustment.

MAJOR PRODUCTS COMPLETED:

The project is in the initial stages of development since the grant was awarded in June 1987. Currently, the sample has been selected and instruments developed. The projected interviewing start date is Fall 1987.

MAJOR PRODUCTS EXPECTED:

From a preventive psychiatry perspective, the study has particular relevance for the design of treatment interventions related to combat stress reactions. Recommendations and implications for mental health service programs will be provided.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Adjustment and Adaptation of Enlisted Family Members to Long-Term Separation During a Peacekeeping Unit Deployment

PRINCIPAL INVESTIGATORS: Joel M. Teitelbaum, Ph.D.  
Suzanne Wood, M.A.  
Katherine Gravino, B.A.

PROJECT START-UP DATE: January 1987

EXPECTED PROJECT COMPLETION DATE: September 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT). The major purpose of this field research is to determine the structure and functions of multiple forms of communication between unit soldiers deployed on a lengthy temporary peacekeeping assignment and their wives waiting at the duty station for their return. Identification of major media and levels of conjugal communication in association with the characteristics of the waiting wives will facilitate the stress-coping function of family communication during deployment. Information on preferential modes of conjugal communication will assist in developing policies to enhance adjustment and adaptation capacity of family members during deployment periods.

## MAJOR PRODUCTS COMPLETED:

1. Advance information preparation by unit leaders and family support groups at company and battalion level provided a firm basis for spousal and child adjustment to the initial shock of deployment separation.
2. Access to telephone lines between the deployment zone and home during the first half of the deployment aided waiting wives in coping with life stresses and decisions. Free military radio facilities were not popular for communication in spite of the high cost of inter-continental commercial telephone calls.
3. As the deployment period extended, mail service was found to be an acceptable means of communication. Family members also adapted to the soldier's absence by increasing their community interactions and developing techniques for living alone.
4. Audio and video tapes, photographs and gift packages served as methods of communication that maintained family bonds during a lengthy period of separation. The variety and frequency of communication helped maintain a role set for the soldier as husband and father and family members suggested that it helped maintain a sense of continuity and function in the home.

MAJOR PRODUCTS EXPECTED:

The major results of this study will be to characterize social-psychological stages in the process of family acceptance of unit deployment and to assess the most effective and supportive techniques of family member adjustment. The study will also describe the methods used by the unit leadership and the military community to provide responsive social support of waiting family members. The study will result in several papers on the situation of waiting wives over four waves of data: pre-deployment, early in deployment, late in deployment and after redeployment and family reunion. A training guideline will be issued for use by Army organizations in preparing and implementing future long-term, temporary deployments during which family members continue to live at an Army post and receive community support and special unit and installation treatment.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Family, Community and Unit Adaptation and Coping with the Stresses of Light Infantry Mission Demands on Soldiers

PRINCIPAL INVESTIGATORS: Joel M. Teitelbaum, Ph.D., Suzanne Wood, M.A.

PROJECT START-UP DATE: January 1986

EXPECTED PROJECT COMPLETION DATE: July 1988

## BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT):

1. To describe family-unit interface and community interaction for combat arms unit soldiers at Ft. Ord, CA.
2. To understand the range of soldier and family member coping responses to light infantry and life stressors emerging across the COHORT unit life-cycle.
3. To assess innovations by unit and support institutions concerned with family stress buffering and soldier combat readiness in a high performance-oriented infantry division.

MAJOR PRODUCTS COMPLETED: This field research effort over a multi-year period has resulted in specific findings about the impacts of light infantry duty and missions on families in relation to units and general effects applicable to COHORT and non-COHORT combat arms units. The specific findings link three year unit life cycles, unit leadership climate, family support groups and community support activities to family member adjustment and adaptation to stresses of Army life and to family functioning. The general findings demonstrate clear relationships between soldier and unit readiness and family member well-being.

This study tells us that overwhelming military unit demands contribute to distress and dysfunction among families of married soldiers, especially those of enlisted men. Light infantry field duty and lack of predictability about unit activities seriously reduce husband/father availability for conjugal and family needs. Negative unit social climates alienate family members from the unit. Light infantry training and certification missions combined with recurrent rapid deployment force duties for each unit, place untenable strain on soldiers and families. Formal programs of family support at the installation and community level are unable to compensate for unit-induced soldier and family distress and dysfunction. Informal family support is



interactions among soldiers' wives at the company level contribute to improved adjustment among family members in the early stages of the unit life cycle and allowed wives to adapt to residence in the local community during the three year COHORT tour. Command attempts to centralize small unit family support group activities at the battalion, brigade and division levels and to mandate participation by spouses lead to family member disaffection, withering of unit-family support functions and loss of participation.

MAJOR PRODUCTS EXPECTED:

1. Demographic factors modifying behavior among COHORT soldiers with family members include clusters of families arriving together at unit activation, single men marrying after arrival and a sharp rise in the number of births occurring during the first two years of the unit life cycle.
2. Clear cut patterns of accelerated family development among junior enlisted families occur during the three year unit life cycle. Each succeeding stage of family development places increasing demands on wives and soldiers for conjugal and family responsibilities and family time together.
3. Family needs are recognized and support shared informally among enlisted soldiers and their spouses at each echelon within units; however, ignorance of soldier-family development patterns by NCOs and officers at the small unit level is widespread and soldier-family problems are often neglected by the chain of command. Family Support Group efforts to provide social support to families within small units are diverted to centralized installation family support that mirrors the divisional chain of commands.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Extended Separation Experiences  
of Army Wives

PRINCIPAL INVESTIGATORS: Linda Truitt, B.S.  
LTC James A. Martin, Ph.D.  
SP4 Dorothy M. Leary, M.A.

PROJECT START-UP DATE: May 1987

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): To study the effects of an extended separation on wives whose husbands are assigned to an aviation brigade and are participating in an extended (2 months) field training exercise. The study will be performed through the use of self-administered, mailed questionnaires. Prior to separation, the focus will be upon targeting potential problem areas for wives. The impact of military community agency and command-generated aid will be evaluated and a retrospective view of coping and reported difficulties associated with reunion will be studied.

## MAJOR PRODUCTS COMPLETED:

The primary concerns of wives prior to separation center around (1) husband's safety, (2) her need for information, (3) how she and her children will do during the separation, (4) day-to-day troubles, (5) social isolation from family and friends and (6) whether assistance from military agencies and the unit can be counted upon.

## MAJOR PRODUCTS EXPECTED:

1. Variables expected to moderate the strain experienced in daily military family life plus the additional stress imposed by an extended separation will be examined.
2. The success of coping with these problems will be related to incidence of chronic anxiety, depressive disorders and aggravated health problems.
3. Programs and materials will be evaluated to identify those most beneficial to wives in coping and selecting those that could be implemented during future separations.

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: A Longitudinal Study of Stress and Health Gander Survivor Assistance Officers

PRINCIPAL INVESTIGATORS: CPT Paul Bartone, MS, Ph.D.  
Robert Ursano, MC, M.D.  
LTC(P) Larry H. Ingraham, MS, Ph.D.  
Kathy Saczynski, Ph.D.

PROJECT START-UP DATE: June 1986

EXPECTED PROJECT COMPLETION DATE: December 1987

## BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT):

1. To identify and describe the special stressful features of the Survivor Assistance Officer's (SAO) role in helping grieving families after the death of an active duty service member.
2. To identify and describe any special stresses on SAOs associated with a mass casualty situation.
3. To identify and describe kinds of stress placed on the SAOs own family as a result of SAO duties.
4. To specify the relation of SAO stress to his/her own health, symptoms and psychological well-being.
5. To identify personal resources of individuals and social resources that might help the SAO resist the ill effects of stress.

## MAJOR PRODUCTS COMPLETED:

A survey instrument assessed role ambiguity, psychiatric symptoms, psychological well-being and other variables at 6 months after the crash and again at one year after the crash. Results indicated that there were three task areas for these SAOs, only one of which is officially recognized, the administrative function. The two additional areas required the SAOs to function as providers of emotional support and as ambassadors of good will representing the Army establishment to families in the civilian community. Lack of institutional support for these two additional functions is believed to be responsible for the high levels of role ambiguity and confusion reported by many SAOs.

1. There is a strong relation between SAO stress and health and well-being of the SAO.
2. Important aspects of SAO stress have to do with ambiguity, role and lack of sufficient relevant information and preparation.

3. Social support of superiors and families and personality style of "hardiness" function to buffer the ill effects of SAO stress.

MAJOR PRODUCTS EXPECTED: Both Ft. Campbell and the U. S. Army Casualty Affairs Office are closely following the progress of this study. Ft. Campbell has requested that results be summarized in a handbook that they can use in their briefings of future SAOs in dealing with the psychological stresses associated with assisting grieving families. The Casualty Affairs has requested copies of all reports and findings from this study that will be of assistance in developing, preparing and assisting SAOs in effectively carrying out their family support mission with the lowest possible psychological costs to themselves and their families. Findings will be disseminated via technical reports, journals, magazines and agency briefings. A handbook containing guidelines and lessons learned will be prepared and made available to all Casualty Affairs personnel, family support groups and widows' organizations.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Soldier, Family, and  
Community: The Family  
Perspective on Life in USAREUR

PRINCIPAL INVESTIGATOR: John P. Hawkins, Ph.D.  
Brigham Young University and  
Department of Military  
Psychiatry, WRAIR

PROJECT START-UP DATE: July, 1986

EXPECTED PROJECT COMPLETION DATE: June, 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The purpose of this field study is to investigate the relationship of military families to the organizations of military work and military community in an overseas environment, specifically, the U. S. Army, Europe (USAREUR). The objectives are to show the manner in which interlocking of social positions and role specifications constrain the actions of American soldiers and their family members within the outside the Continental United States (OCONUS) U. S. Army community. The methods used are to make a comparative study of two contrasting military communities through unstructured interviewing of soldier families and participant observation techniques on a panel sample of forty families.

## MAJOR PRODUCTS EXPECTED OR COMPLETED:

The study will result in reports, articles and book-length publications on the interaction between military organization and American military family perceptions and satisfaction with their quality of life in U. S. Army enclaves in Europe. The focus will be on the contradiction between the underlying American cultural values of freedom of choice and the unified military organizational requirements of OCONUS mission, resulting in negative perceptions of military life among family members. Products will cover the differences in perceptions of soldiers and families on a large, well-resourced installation and a small, more isolated satellite community, and on community leadership in relation to the medical care complaints of residents.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: Financial Stress and Quality of Life in USAREUR

PRINCIPLE INVESTIGATORS: Charlene S. Lewis, Ph.D.  
LTC Robert J. Thoresen, MS, Ph.D.  
Gerald A. Reed

PROJECT START-UP DATE: January 1986

EXPECTED PROJECT COMPLETION DATE: December 1986

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The two major purposes of this field study are to determine if families of soldiers assigned to USAREUR can support themselves adequately, and how the economic status of the family influences the satisfaction of the family with the military lifestyle.

Soldiers and spouses were asked to fill out questionnaires on quality of life. At each of three test sites, soldiers and family members who went to the Housing Referral Office to seek assistance with economy housing were asked to participate in the evaluation of the Government Rental Housing Program (GRHP) until the maximum of 200 participants was reached. Both families who chose to participate in the GRHP and those who did not were asked to complete the questionnaire. The study was conducted in two phases of interviews and surveys.

MAJOR PRODUCTS COMPLETED: This work will produce data on the financial status of military families in Germany including debt burdens, housing costs on the German economy compared to military housing and soldier and family member stress.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESEARCH PROJECT: The Military Teenager in Europe

PRINCIPAL INVESTIGATOR: Mary Tyler, Ph.D.  
WRAIR, Heidelberg Laboratory

PROJECT START-UP DATE: January, 1987

EXPECTED PROJECT COMPLETION DATE: June 1988

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): This is an exploratory study of American military teenagers in USAREUR. The purpose of the research is to describe the perceptions of stresses, supports and opportunities for growth experienced by adolescents in grades 10-12 in their foreign cultural and linguistic environment. This study will document techniques used by normal teenagers to cope with adjustment to military family relocation overseas. Research methodology was use of semi-structured interviews with 40 military youth attending a Department of Defense Dependents (DODDS) high school at one U. S. Army installation in Germany. Informational interviews were also performed with the school principals, guidance counselors and other informed military community adults.

## MAJOR PRODUCTS EXPECTED OR COMPLETED

The major product of this study will be identification of specific hypotheses for future research on military youth mental health issues in overseas environments. The products include a report describing normal adolescent coping and adaptation behavior during the first year of family life overseas and their interactions with primary groups and institutions for support in making the transition to life in an American military enclave.

30 September 1987

## RESEARCH ACTIVITY SUMMARY REPORT

TITLE OF RESE-RCH PROJECT: US Army Family Health-Seeking  
Behavior and Satisfaction:  
A Life Course Perspective.

PRINCIPAL INVESTIGATORS: Otto von Mering, Ph.D.  
John C. Henrietta, Ph.D.  
Darrel Miller, Ph.D.  
University of Florida,  
Gainsville, Florida

PROJECT START-UP DATE: March 1987

EXPECTED PROJECT COMPLETION DATE: February 1990

BRIEF DESCRIPTION OF PURPOSES/OBJECTIVES OF THE RESEARCH (ABSTRACT): The main purpose of this research project is to identify and document the expectancies and perceptions of U. S. Army service members and their families that results from interactions with Army health care providers and lead to satisfaction or dissatisfaction with the military health care system. The objectives are to understand the organizational structures and client-provider behaviors and to compare the preventive and curative approaches and to document self care, caregiving and support behavior in this population. Data will be collected on a sample of 300-6000 clients including active duty soldiers and retirees and their family members and civilian employees using unstructured interview and participant observation techniques. Health providers will also be interviewed.

## MAJOR PRODUCTS EXPECTED/COMPLETED

This study will provide recommendations for specific programs and policies intended to remedy identified sources of dissatisfaction with medical care. This research will contribute to enhanced family well being and quality of life as well as improved readiness and retention of military personnel. Reports and publications will describe the relation of individual life course variables such as age, rank, beneficiary status, number of children, spousal employment and stage of military career to perceptions, use and satisfaction with available health care clinics. It will also describe the effects of the level of satisfaction with health care on the sense of community, morale, and career plans, and the effects of health care organizations on self-care by patients.



## PUBLICATIONS

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Ickovics, J. & Martin, J. (1987). The impact of employment on the psychological well-being of army wives: A longitudinal survey study. Military Medicine, 152(10), 500-503.

Kirkland, F. (1986). Preliminary report on innovative human dynamics and combat effectiveness in the 7th Light Infantry Division. In Proceedings of 11th Annual Psychology in DOD Symposium. Colorado Springs, CO: United States Air Force Academy.

Manning, F. & Ingraham, L. (1987). Cohesion in peacetime. In G. Belenky & F. Jones (Eds.), Contemporary Studies in Combat Psychiatry. Westport, CT: Greenwood Press, 47-67.

Marlowe, D. (Ed.) (1986a). New Manning System Field Evaluation: Technical Report No. 2. Washington, DC: Department of Military Psychiatry, Walter Reed Army Institute of Research.

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Paulus, P. & Nagar, D. (1987). Environmental influences on social interaction and group development. In C. Hendrick (Ed.), Review of Personality and Social Psychology. Newbury Park, CA: Sage Publications.

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Schneider, R. (1987). Stress breakdown in the Wehrmacht: Implications for today's Army. In G. Belenky & F. Jones (Eds.), Contemporary Studies in Combat Psychiatry. Westport, CT: Greenwood Press.

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Segal, M. (1986). Enlisted family life in the US Army: A portrait of a community. In D.R. Segal and W. Sinaiko (Eds.), Life in the Rank and File: Enlisted Men and Women in the Armed Forces of the United States, Australia, Canada, and the United Kingdom. Washington, D.C.: Pergamon-Brassey's.

#### PRESENTATIONS/BRIEFINGS

Bartone, P., Saczynski, K., Ingraham, L. & Ursano, R. (1987, August). Psychological issues in the recovery of an army unit after traumatic loss. Paper presented at the 95th Annual Convention of the American Psychological Association, New York.

Bartone, P., Ursano, R., Ingraham, L. & Saczynski, K. (1987, August). The impact of a military air disaster on the health of family assistance workers. Paper presented at the 95th Annual Convention of the American Psychological Association, New York.

Bartone, P. (1987, May). The Gander airline crash follow-up. Department of Military Psychiatry Seminar Series, Walter Reed Army Institute of Research, Washington, DC.

Bartone, P. (1987, September). Boundary crossers: The role of army family assistance officers in the Gander disaster. Paper presented at the Biennial Conference of the Inter-University Seminar on Armed Forces and Society, Chicago,

Bartone, P. & Hoover, E. (1987, August). Occupational stress, health, and general well-being among soldiers. Presented at the 95th Annual Convention of the American Psychological Association, New York.

Bartone, P., Hoover, E. & Marlowe, D. (1987, August). Dimensions of Morale in US Army Soldiers. Paper presented at the 95th Annual Convention of the American Psychological Association, New York.

Bartone, P., Bitler, D., Kirkland, F., Marlowe, D. and Martin, J. (1987, August). The Relation of Commanders' Values to Unit Social Climate, Health and Morale. Paper presented at the 95th Annual Convention of the American Psychological Association, New York.

Bartone, P., Bitler, D. Kirkland, F., Marlowe D. & Martin, J. (1987, August). The Relation of Commanders' Values to Unit Social Climate, Health and Morale: A Preliminary Report. Paper presented at the Center for Army Leadership Research Conference, Kansas City, MO.

Bartone, P., Hoover, E. & Vaitkus M. (1987, August). Occupational Stress, Health and General Well-Being Among Soldiers. Paper presented at the 95th Annual Convention of the American Psychological Association, New York.

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Kirkland, F. (July 23-26). Psychological Purposes Served by Membership in Military Units. International Society for Research on Aggression.

Kirkland, F. (1986, October 29). When They Give a War, Why Does Almost Everybody Come. Physicians for Social Responsibility.

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